



Bridgewater Family YMCA
Somerset Valley YMCA

In partnership with

Bridgewater Recreation Department

are pleased to offer

Swim Lessons for 2nd & 3rd Graders
April 2nd to 5th, 2012

Did you know that drowning is the second-leading cause of accidental death? Nine people drown each day in the U.S. Children from non-swimming households are eight times more likely to be at risk of drowning. In an effort to educate our children about the importance of water safety, the Bridgewater Family YMCA in partnership with the Bridgewater Recreation Department is offering a Spring Break "Learn to Swim" program for 2nd and 3rd graders. Lessons will focus on:

- Water Safety
- How to float
- Learning to Swim!
- Never swimming alone
- Following pool rules
- If someone in the water is in trouble and you cannot swim, reach, throw, but don't go!

Dates: Monday, April 2nd through Thursday, April 5th

Location: Somerset Valley YMCA
601 Garretson Road

Times: Choose one of the following

- | | |
|-------------------|-----------------|
| #1: 9:00-9:30am | #5: 1:00-1:30pm |
| #2: 9:30-10:00am | #6: 1:30-2:00pm |
| #3: 10:00-10:30am | #7: 2:00-2:30pm |
| #4: 10:30-11:00am | #8: 2:30-3:00pm |

"=====

Spring Break Swim Lessons 2012

\$10.00 For Bridgewater & Raritan Residents - Checks payable to "Bridgewater Township"

Last Name		First Name		Gender
Mailing Address		Town	State	Zip
Home #		Cell #	Work #	
Email Address	Date of Birth	Grade	Session #	

If participant has individualized needs due to a disability, please check the following box and someone will contact you regarding reasonable accommodations. – Yes, I will need to be notified regarding special considerations for my child.

Injuries may occur. Please note that the Bridgewater Recreation Department and the YMCA do not provide individual medical insurance coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that participants have insurance before participation. The Recreation Department and the YMCA reserves the right to cancel, alter, supplement, limit registration or change any other information.

@Participant or Parent/Guardian Signature if under 18 years of age

_____/_____/_____
Date

Sponsored by: Bridgewater Recreation Department 100 Commons Way – Bridgewater, NJ 08807 (908) 725-6373 9am to 5pm Monday to Thursday 8am to 5pm Fridays www.bridgewaternj.gov

Lifeguards Promise:

- WE CONSTANTLY SCAN the pools that we can recognize swimmer in distress within 10 seconds and provide an assistance within 10 seconds when needed
- WE ARE ALWAYS ON GUARD and must remain focus on our primary responsibility of protecting lives. Please understand that is why we cannot talk.
- WE WILL ALWAYS CARRY A RESCUE TUBE, mask and gloves on our person and ready to use.
- WE WILL ALWAYS PATROL the edge of the pool or sit on an elevated lifeguard chair. We will be aware of visibility issues and rotate our positions accordingly.
- WE WILL ATTEND TRAINING EVENTS regularly to practice our skills and stay on the cutting edge of aquatic safety.
- WE ARE HERE FOR YOU AND YOUR SAFETY please enjoy your visit to our YMCA pool.

Your YMCA Lifeguards

Swim Instructors Bio:

Lydia Andeskie – A senior at Bridgewater/Raritan High School, been a lifeguard and swim instructor for 2 years here at Bridgewater Family YMCA. Certified in American Red Cross Water Safety Instructor

Sandra Dziadyk - Taught swim lesson for 6 years here at Bridgewater Family YMCA. Certified in American Red Cross Water Safety Instructor

Stephanie Owens- A junior at Bridgewater/Raritan High School, been a lifeguard and swim instructor for 2 years at Bridgewater Family YMCA. Certified in American Red Cross Water Safety Instructor

Hans Stockman – Taught Swim lessons for Boy Scouts Summer Camp. It's Hans first year at Bridgewater Family YMCA. Certified in Boy Scouts of America, National Camping School, in Aquatic Instructor